




Menu subject to change based on food availability. Water offered at no charge with all meals Variety of milk offered at meal service.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Entrée choice Dill seasoned chicken chunks 17g Fish strips (4) 18g Grain/Fruit/Vegetable Choice Cornbread star 23g Roasted green beans w/bacon 5g Sweet potato fries 17g Apple 22g OR Craisin variety 28g</p>	<p>2 Entrée choice BBQ chicken sandwich 43g Spicy grilled cheese sand 26g Grain/Fruit/Vegetable Choice Shoestring French fries 22g Cucumber & tomato salad 4g Apple 22g OR Craisin variety 28g</p>
<p>5 Entrée choice Bacon swiss chicken sandwich 31g Turkey croissant sandwich 28g Grain/Fruit/Vegetable Choice Garden salsa sunchips 19g Potato tots 17g Celery & carrot sticks 2g Orange 21g or Raisin variety 31g</p>	<p>6 Entrée choice Pork tamales (2) 28g Chicken and cheese quesadilla 34g Grain/Fruit/Vegetable Choice Zesty black beans 34.5g Honey dill baby carrots 7g Orange 21g or Raisin variety 31g</p>	<p>7 Entrée choice Penne pasta w/chicken metballs 33g Four meat pizza 36g Grain/Fruit/Vegetable Choice Garlic breadstick 15g Garden fresh salad 3.5g Roasted parmesan cauliflower 5g Orange 21g or Raisin variety 31g</p>	<p>8 Entrée Choice Corndog 30g BBQ pulled pork baked potato 51g Grain/Fruit/Vegetable Choice Fresh baked maple biscuit 33g Fresh mixed green salad 3g Baby carrot sticks 6g Orange 21g or Raisin variety 31g</p>	<p>9 Entrée choice Hamburger 32g Cheeseburger 34g Grain/Fruit/Vegetable Choice Curly fries 20g Veggie sticks 3g Baked beans 29g Orange 21g or Raisin variety 31g</p>
<p>12 Entrée choice Hot dog 26g w/wo chili sauce 7g Meatloaf sandwich 36g Grain/Fruit/Vegetable Choice Emoticon potatoes sea-23g Ranch roasted broccoli 5g Apple 22g or Diced pear cup 13g</p>	<p>13 Entrée choice Pork carnitas street tacos (3) 24g Chicken street tacos (3) 26g Grain/Fruit/Vegetable Choice Seasoned pinto beans 32g Cucumber & tomato salad 4g Apple 22g or Diced pear cup 13g</p>	<p>14 Entrée choice Spaghetti w/meat sauce 25g Four cheese pizza 34g Grain/Fruit/Vegetable Choice Garlic breadstick 15g Garden fresh salad 3.5g Sweet corn 18g Apple 22g or Diced pear cup 13g</p>	<p>15 Entrée choice Reg drum-5g, Spicy drum-5g Steak strips (4) 18g Grain/Fruit/Vegetable Choice Honey wheat roll 24g Fresh mashed potatoes 35g w/wo gravy 4g Honey dill baby carrots 7g Apple 22g or Diced pear cup 13g</p>	<p>16 Entrée choice K- filet sandwich 43g Spicy chicken sandwich 46g Grilled cheese sandwich 31g Grain/Fruit/Vegetable Choice Potato tots 17g Veggie sticks 3g Apple 22g or Diced pear cup 13g</p>
<p>19 PRESIDENT'S DAY! NO SCHOOL!</p>	<p>20 Entrée choice Beef soft taco (2) 39g Chicken fajita soft taco)2_ 35g Grain/Fruit/Vegetable Choice Spanish rice 24g Zesty black beans 34.5g Baby carrot sticks 6g Tajin grapefruit 33g or Craisins 28g</p>	<p>21 Entrée choice Chicken spaghetti 26g Pizza cheese sticks (2) 33g Grain/Fruit/Vegetable Choice Garlic breadstick 15g Garden fresh salad 3.5g Honey dill baby carrots 7g Tajin grapefruit 33g or Craisins 28g</p>	<p>22 Entrée choice Reg popcorn chk-(12) 15g, Spicy-17g Steak strips (4) 18g Grain/Fruit/Vegetable Choice Macaroni and cheese 23g Roasted green beans w/bacon 5g Fresh broccoli salad 28g Tajin grapefruit 33g or Craisins 28g</p>	<p>23 Entrée choice BBQ pulled pork sandwich 46g Grilled cheese sandwich 31g Grain/Fruit/Vegetable Choice Curly fries 20g Cucumber & tomato salad 4g Tajin grapefruit 33g or Craisins 28g</p>
<p>26 Entrée choice Bulldog steak sandwich 47g Spicy bulldog steak sandwich 48g Grain/Fruit/Vegetable Choice Potato tots 17g Celery and carrot sticks 2g Orange 21g or Blue raspberry juice sorbet 19g</p>	<p>27 Entrée choice Beef grande nachos 40g Chicken cheese crisps (2) 35g Grain/Fruit/Vegetable Choice Spanish rice 24g Seasoned pinto beans 32g Ranch roasted broccoli 2g Orange 21g or Blue raspberry juice sorbet 19g</p>	<p>28 Entrée choice Chicken alfredo pasta 43g Thin crust pepperoni pizza 34g Grain/Fruit/Vegetable Choice Garlic breadstick 15g Fresh mixed greens salad 2g Honey dill baby carrots 7g Orange 21g or Blue raspberry juice sorbet 19g</p>	<p>29 Entrée choice Dill seasoned chicken chunks 17g Fish strips (4) 18g Grain/Fruit/Vegetable Choice Cornbread star 23g Roasted green beans w/bacon 5g Sweet potato fries 17g Orange 21g or Blue raspberry juice sorbet 19g</p>	<p>Beverage 8 oz. 1% milk-12g, FF chocolate-23g FF strawberry milk-22g Condiments-CHO for 1 each Ketchup-3g, mayo-1g, mustard-1g,salsa-1g, BBQ sauce-10g, pickles (3)-1g, cilantro/onion-3g, homemade ranch (1 1/2oz)-5g</p>

Kilgore Independent School District

Kilgore Intermediate Lunch Menu

FEBRUARY 2024

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